

SUPER DUPER LOVE

(Are you Diggin on Me)

R&B POP - Advanced – Medium/Slow Tempo

by Josh Stone from the Soul Sessions CD Label:EMI (4:16)

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Don't Wait (If you miss the 1st 8 beats start with the Boogie Basic Click) Intro-A-B-C-A-B-C-A-B-C-A-End

INTRO (32 beats)

Jazz Box/Boogie Basic Click

DS	S(XIF)	S S	H/S H/S	H/S	Clap	DS R(b) S	DS R(b) S	DS DS	H(w) H(w)	Click Toes(up) (Down)
L	R	L R	LR RL	LR		L R L	R L R L R	L R	L R	Both Both
&1	2	3 4	5 6 7	8		&1 & 2	&3 & 4 &5 &6	& 7		& 8

Repeat Jazz Box/Boogie Basic Click

Part A (32 beats)

Horse Step

DS HOP	TB HOP	TB HOP	TB HOP	TB	DBL	HOP	TCH	HOP	DBL	HOP	TCH	SL
L R	LL R	LL R	LL R		R	R	L	L	R	R	L	R
&1 &	a2 &	a3 &	a4 &	a5	e&	a	6	&	&7	e	& 8	

Canadian Run (to back)

DS DBL HOP	DBL HOP	TOE	BA DBL	HOP	TCH
R R L	R L R	R L	R L	R L	L
&1 e& a	2e & a	3	e&	a	4

2 Hitches

DBL BA	Heel(w)	Heel Slap	Heel(w)	DBL BA	Heel(w)	Heel Slap	Heel(w)
L L L	R R	L	R R R	L L R			
&a 1 e	& a	2	&a 3 e	& a	4		

Repeat Horse Step/Canadian Run (to front)

Part B (32 beats)

Pogo

DBL BA	HB HB	STA	HOP	TOE(xib)	HOP	TOE(ots)	HOP	TOE(xib)	HOP	DS	DBL	HOP	TCH
L L	RR LL	R	R	L	R	L	R	L	R	L	R	L	R
&a 1	e& a2	&	3	&	4	&	5	&	6	&7	e	& 8	

Crimp Thing

BA BA	HH	Slap BA	Slap BA	SK	HOP	Slap(xif)	S	TOE(b)	Pullback(or Drag)	TCH
L R	RL	R R	L L	R L	R	R	L	R		L
e &	a1	e &	a 2	e &	a	3	e	&a		4

Fosse End

BALL//	HEEL(w)	BALL\\	CLAP	HOP	SK	HOP	SLAP	S
L	L	L		L	R	L	R	R
5	&	6	&	7	e	&	a	8

Repeat Pogo/Crimp Thing/Fosse End

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Part C (32 beats)

Stone Step

Drag STO DBL HOP TOE(b) DRAG S DBL HOP TCH DBL HB HB DS STA STA
 BA
 R L R L R L R L R L L L RR LL R L L
 & 1 e& a 2 & 3 e& & 4 &a 5 e& a6 &a7 8 &

Canadian Soul

HOP DBL HOP TCH DBL BA HOP TCH DS RS DBL HB HB
 DBL
 BA
 L R R L L L R R L L RL R R LL RR
 1 e& a 2 &a 3 e& a 4 &5 &6 &a 7 e& a8

Repeat Stone Step/Canadian Soul

Ending

Scissor Kick (turn 3/4's each on first 4 beats & last 4 beats to end facing back)

DBL K S(xif)/Lift S/K K/S S/Lift K/S SL DS DS DS/Lift K/S SL
 L R R L LR LR LR LR R L R L R LR R
 &a 1 & 2 & 3 & 4 &5 &6 & 7 & 8

Repeat Scissor Kick (to end facing front)

Pullback

DS DBL HOP TOE(b) Pullback (or Drag) S HOP TOE HOP TCH
 L R L R L RR L R L
 &a1 e& a 2 & 3 e & a 4

2 Buck Basics

DBL BA HB HB DBL BA HB HB
 L L RR LL R R LL RR
 &a 5 e& a6 &a 7 e& a8

Tappin' Toes

DS DBL BA(xif) S DBL(unx) BA S DBL BA(xif) S DBL(unx) BA TCH(f) DBL BA TCH(f) DS RS
 L R R LR R L R R LR R L L L R R LR
 &a1 e& a 2 e& a 3 e& a 4 e& a 5 e& a 6 &7 &8

Repeat Pullback/2 Buck Basics/Tappin' Toes

Abbreviations

DS Double Step	SL Slide	RS Rock Step
S Step	DR Drag	BA Ball
TB Toe Ball	TCH Touch	F In Front
UNX Uncross	SK Skuff	K Kick
XIF Cross in front	XIB Cross in back	DBL Double (even rhythm)
H(w) Heel (weight is on the heel)	H Heel (no weight, like a touch)	
STA Stamp (a heavy step when no weight is transferred)	BO Both	
STO Stomp (a heavy step when weight is transferred)	R Rock	

Slap Toe brushed down
B In Back
Lift Bring knee up in back